

Step Challenge FAQs:

- **How do I participate in the Step Challenge?** Log your steps every day starting May 1 - May 31 to participate in the Step Challenge.
- **What if I'm doing exercises other than walking (e.g. swimming, biking, etc)?** You may log any and all steps or movements taken throughout your day. This includes any exercises completed. Step equivalents are linked in attachment.
- **What if I cannot reach 10,000 steps a day?** Set goals that are best for YOU! Reaching 10,000 steps per day might not be right for everyone. As long as you turn in a Step Log with steps/movements recorded for each day, you will be entered in the prize drawing (exception Peloton).
- **How do I get in the drawing to win the Peloton & Mirror?** To be entered in the prize drawing for the Peloton bike & Mirror, you must reach a total of 310,000 steps for the month of May. This average is 10,000 steps/movements per day, but it is still possible even if you don't reach 10,000 steps every day (i.e. 8,000 steps/movements one day, 12,000 the next day).
- **Where should I walk?** Consider walking/hiking/biking a local outdoor trail during the (hopefully!) beautiful month of May. Maps of hiking/walking/biking trails in parks around the area are linked in the attachment.
- **I am unable to get steps by walking. Can I still participate in the challenge?** Yes, of course! Please email hure-mail@wittenberg.edu if you need accommodation to participate in this challenge.